



Lunchbox Checklist – 1-5 year olds

Checklist for an 8 hour day

Use this checklist to ensure your child’s lunchbox includes the minimum number of serves of foods needed to meet the nutritional requirements of children while in long day care (a full day). Children’s appetites will vary, so more food may be provided. If your child eats breakfast or a late afternoon snack in care or is in care for 9 hours or more, then more food is required.

		Tick if provided
<p>Breads and cereals: 2 serves per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 slice of bread or ½ bread roll • ½ cup breakfast cereal • 1 weetbix • ½ cup cooked pasta • ⅓ cup cooked rice • 2 crackers or crispbread 		<input type="checkbox"/> <input type="checkbox"/>
<p>Vegetables: 1 serve per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • ½ cup cooked vegetables (on own or in dishes) • 1 potato (eg: potato salad, in dishes) • 1 cup salad vegetables (eg: cherry tomatoes- halved, sliced tomato, snowpeas, cucumber sticks, grated carrot, capsicum strips, coleslaw- on own or in sandwiches. <p>Note: Some hard vegetables may need to be cooked, mashed, grated or very finely sliced</p>		<input type="checkbox"/>
<p>Fruit: 1 serve per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 1 piece of fruit (apple, orange, banana) • 2 small fruits (eg: apricots, plums) • 1 cup diced or tinned fruit • 1 ½ Tbsp dried fruit <p>Note: Some hard vegetables may need to be cooked, mashed, grated or very finely sliced</p>		<input type="checkbox"/>
<p>Milk and Milk Products: 3 serves per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 100ml milk/ custard/ calcium enriched soy milk • 1 slice processed cheese/ 15g block cheese/ grated cheese • 100g yoghurt • 1 Tbsp milk powder 		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p>Meat and Substitutes: 1 serve per day</p> <p>1 serve =</p> <ul style="list-style-type: none"> • 45g cooked weight red meat, chicken or 55g cooked fish • ½ cup mince or meat casserole • 1 slice beef/ham • 1 egg • ½ cup cooked legumes or baked beans, lentils or chickpeas 		<input type="checkbox"/>
<p>Extras: these foods should <u>not</u> be included in the lunchbox E.g. Donut, plain sweet biscuits, cake, chocolate, cream, soft drink, cordial, potato crisps, hot chips, lollies</p>	_____	
<p>Complete this box if a vegetarian meal is provided.</p> <p>Vitamin C-rich food with the vegetarian meal.</p> <p>E.g. capsicum, broccoli, kiwifruit, cauliflower, citrus fruit, rockmelon, green peas, berries, fresh tomato, zucchini</p>		<input type="checkbox"/>

Water: if your centre does not provide water, ensure to provide 4-6 cups enough to last the whole day

PLEASE NOTE: WE ARE A NUT FREE SERVICE. PLEASE DO NOT SEND IN NUT PRODUCTS. THIS INCLUDES PEANUT BUTTER.